

## ABSTRACT

The present invention relates to a drink composition comprising active agents, and to a method for composing a drink. Specifically, the invention is directed to a drink composition to be used during long-lasting sports activities demanding constant energy supply and intensive concentration. The drink composition of the invention is characterized in that it contains glucose, fructose, guarana, and a physiologically active amount of a pycnogenol extract. The method of the invention is characterized in that the active agents are individually selected on the basis of the characteristics of the target group, single user and/or conditions of use, said active agents having at least partly complementing actions.